

## Prevention and Early Intervention Plan

**Performance Goal:**

People are helped, where possible, to retain or improve functioning and to delay or prevent the need for comprehensive long-term care services.

**Requirement:**

Develop a prevention and early intervention plan that includes a description of the ADRC's community education activities and of how prevention and early intervention information are incorporated into the information and assistance and options counseling services that the ADRC provides to individual members of its target populations, regardless of whether they are eligible for the managed care benefit.

**Topics for Inclusion in ADRC Policies and Procedures:**

The following are key elements to include in the prevention and early intervention plan:

- *Needs Identification.* What, if any, community needs have been identified by the ADRC governing board relating to prevention and early intervention? Are all target groups served by the ADRC included in the community needs identification? Have the needs of the general public, regardless of eligibility for publicly-funded programs, been taken into account? Use this information in developing prevention and early intervention strategies and priorities.
- *Community Partnerships.* Identify local public health agencies and other community organizations and providers that have a prevention, early intervention, wellness, disease management and/or health literacy focus and describe how the ADRC will partner with other these organizations. Examples include:
  - Developing agreements about how to actively connect or refer people for services provided by the partner organizations
  - Collaborating on flu shots, blood pressure screening, and dental care clinics; health fairs; and caregiver or youth transition conferences
  - Making referrals to community health and wellness programs (e.g., YMCAs, health clubs, exercise classes, evidence based prevention programs, walking clubs, Tai Chi classes)
- *Public Information and Education.* Describe the activities the ADRC will undertake to educate the community on risk and safety issues, prevention of

disabling conditions, early intervention and disease management strategies. These can include activities undertaken jointly with the ADRC's community partners, publications, presentations, and including information on the ADRC web site and resource data base. Taken together, the planned activities should address all of the target populations served by the ADRC.

- *Information, education and referrals for individual customers.* How will the ADRC provide person-specific prevention advice and education to individuals in its target populations? Describe how the ADRC will educate individual customers about ways to enhance health, maintain or improve functioning, and delay or prevent the need for comprehensive long term care services. Examples include:
  - Being alert to and identifying risk and safety issues and providing appropriate advice, education, referrals and/or active connections with programs as a routine component of information and assistance and options counseling
  - Supporting self-advocacy in health care by educating consumers about, MD follow-up, referrals to specialists, second opinions, medication reviews, etc.
  - Referring customers to Living Well with Chronic Disease, Stepping On Fall Prevention, and other prevention programs.
- *Prevention Programming.* Describe any health, wellness, prevention and early intervention programs that the ADRC is providing or plans to provide, such as falls prevention, chronic disease self-management, depression screening, and dementia screening. ADRCs may provide prevention programming if sufficient funding is available, but are not required to do so.
- *Staff Education and Training.* Identify any special qualifications and capacity the ADRC has for providing prevention/early intervention services, together with education and training that will be provided to ensure that ADRC staff or volunteers have the knowledge needed to provide the services described in the prevention/early intervention plan.
- *Documentation and Evaluation.* Identify how the ADRC's prevention and early intervention activities will be documented and reported and how their success will be measured and evaluated.

**For additional information:**

- ADRC Contract, Exhibit I, Article M.  
<http://www.dhs.wisconsin.gov/LTCare/adrc/pros/index.htm>

- Prevention program information on the State's ADRC website:  
<https://www.dhs.wisconsin.gov/aging/healthpromotion.htm> and  
<https://www.dhs.wisconsin.gov/injury-prevention/falls/index.htm>
- Send requests for further information to [DHSRCteam@wisconsin.gov](mailto:DHSRCteam@wisconsin.gov)